


# Carolina country



## Help With Homework

**INSIDE:**  
New tax incentives  
Help for weatherization  
Your dream house

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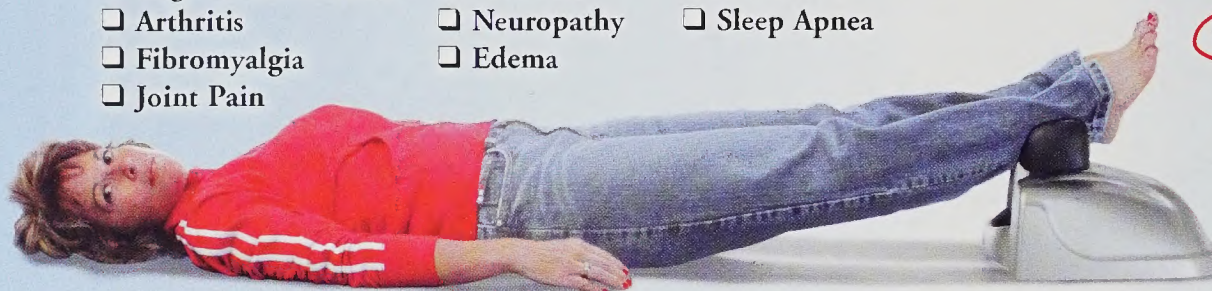
Your Touchstone Energy® Cooperative 

Send a message to Congress this month—pages 10–11



# If you suffer from

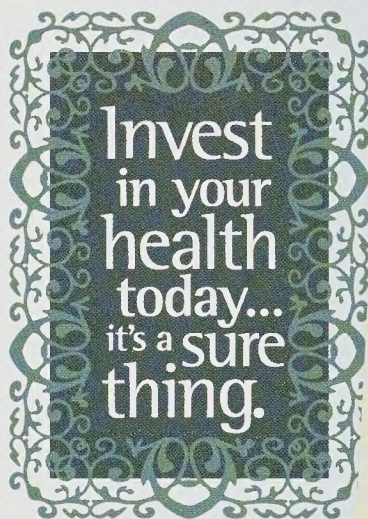
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| <input type="checkbox"/> Stress              | <input type="checkbox"/> Constipation | <input type="checkbox"/> Restless Legs Syndrome |
| <input type="checkbox"/> Headaches           | <input type="checkbox"/> Back Pain    | <input type="checkbox"/> Poor Circulation       |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes     | <input type="checkbox"/> Insomnia               |
| <input type="checkbox"/> Arthritis           | <input type="checkbox"/> Neuropathy   | <input type="checkbox"/> Sleep Apnea            |
| <input type="checkbox"/> Fibromyalgia        | <input type="checkbox"/> Edema        |   |
| <input type="checkbox"/> Joint Pain          |                                       |   |



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I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib!—*Kate B.*



I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you!—*Grace R.*

I have had pain in both of my knees since I had them replaced in 2000. I use the Exerciser 2000 when I first get up in the morning and the last thing at night before I go to bed. After a couple of days I worked up to a full 16 minute session. What a blessing! I have no pain, can walk better, keep my balance better and am so grateful, at 77, to lead a normal life again. I thank you so much.—*Gwen S.*

I have loved your product for many years now and couldn't live without one. It truly is the best product on the market...and I would never pay a person to do what this does better. You have the control of it all... and I love that. It definitely pays for itself many times over!! —*Kathy C.*

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As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic.

—*Garry Gorsuch, D.C.*

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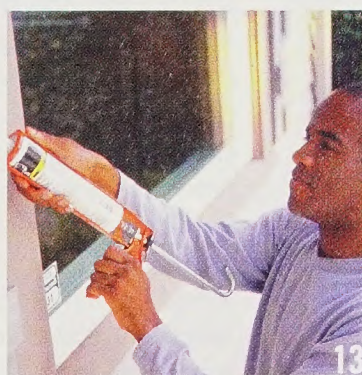
Local agencies are coordinating expanded efforts to help low-income families save energy.

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Where laughter and love, comfort and joy come to live.

#### ON THE COVER

With newly-enacted tax incentives for energy-related additions and improvements —plus help for low-income families—now may be a good time to make plans for your home. (Touchstone Energy photo)



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# Carolina country

Read monthly in more than 650,000 homes

Published by North Carolina  
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative 

3400 Sumner Blvd.  
Raleigh, NC 27616  
www.carolinacountry.com

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



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Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 7 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

POSTMASTER: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

## HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

## Staying on track for a cleaner environment



By Mark A. Suggs

This spring, many Congressional leaders want to move quickly on legislation that reduces the nation's impact on climate change and increases renewable energy generation. Legislation on these issues has the potential to completely retool the electricity industry and raise the cost of energy.

As a nation, we must find the right solution to reduce emissions that cause climate change, become more energy efficient and rely more on renewable resources. But we must do it over time and in the most cost-effective manner. Doing it too quickly, without tested technologies, will significantly raise your electric rates and do little to protect the environment.

Your electric cooperatives are talking with Congressional representatives and regulatory officials to help explain the impact that sudden spikes in consumer electric bills could have on the local and national economy. You can help by joining other consumers across the state who are telling Congress to protect us from burdensome electric rate increases. [See pages 10-11.]

Our economy relies on the use of fossil fuels that are contributing to climate change. Those fossil fuels, when burned, produce carbon dioxide, reported to be the biggest cause of man-made climate change. Cars and trucks rely almost exclusively on oil, and most of our nation's electric power is generated using coal. It will be a massive and very expensive undertaking to reduce our nation's carbon dioxide emissions.

One Congressional proposal for reducing emissions would establish a nationwide "cap-and-trade" system. Under a cap-and-trade system, any industry producing carbon dioxide emissions would be required to purchase "allowances" from the federal government. For example, a coal-burning power plant would pay the government for allowances, while an emissions-free nuclear power plant or wind farm would not have to buy emissions allowances. The government, over time, would steadily reduce the number of

available allowances, forcing the nation to utilize other sources of energy.

Cap-and-trade is essentially a tax on the nation's consumers, especially on electricity rates. All the costs for purchasing allowances will eventually be passed to consumers. If you take the time to study the cap-and-trade proposal, you may begin to wonder why it's so difficult to explain to average people, and you may ask, "Why don't they just call it a tax on carbon emissions?"

For one thing, many in Congress are unlikely to favor increasing taxes on energy production. So it may be politically easier to call the tax something else, such as "cap-and-trade."

Of course, there are simpler ways to achieve effective and sustainable environmental progress.

Let's encourage American ingenuity to continue developing a clean way to use coal for electricity generation. We are making progress on such technology. It makes sense to get that done.

Let's encourage American ingenuity to continue developing technologies that can turn the natural power of the sun, the wind, and biomass resources into usable electric power. Let's upgrade the transmission system that can deliver that power to where it's needed.

Let's encourage Americans to design, build, sell and use efficient vehicles, appliances and buildings that can immediately reduce carbon emissions and overall energy consumption.

We're telling Congress this spring that raising taxes and prices for American energy consumers during a national recession could be counter-productive. We are telling Congress that there is a common-sense, balanced solution for keeping America on the right track toward energy independence and a safe environment. ☺

Mark Suggs is executive vice president and general manager of Pitt & Greene EMC, the Touchstone Energy cooperative serving more than 8,500 member accounts in Pitt, Greene, and parts of Lenoir, Wayne, Wilson and Edgecombe counties. He is also vice president of the North Carolina Association of Electric Cooperatives board of directors.



## WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 6 with your name, address, phone number and the name of your electric cooperative.

**By e-mail:** [where@carolinacountry.com](mailto:where@carolinacountry.com)

**Or by mail:** Where in Carolina Country?  
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The winner, chosen at random and announced in our June issue, will receive \$25.

### April winner

The April picture showed Hampstead Furniture on Hwy. 17 in Pender County. It used to be the Carolina Peanut factory, and many of you remember stopping by there for peanuts on your way to or from the Wilmington area. Of more than 120 correct answers, the \$25 winner chosen at random was Marsha Sullivan of Mt. Olive, a member of Tri-County EMC..



### Springtime smile

This is Clara Pierce Smith at 11 months old enjoying the spring flowers while visiting her grandparents, Donnie and Shirley Smith of Oak City. She is the daughter of Van and Anna Barrett Smith of Manteo.

*Shirley Smith, Oak City*

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### At the movies

Recently I was working in my family's movie theater when a local pastor with his three sons came in to watch a movie. The boys were very excited.

The dad lined each one up at the candy counter and told them to pick out what they wanted. The oldest, 8 years old, went first. Next was the 5-year-old picking out his favorite. Finely reaching the counter was his last son, age 4. The boy gazed through the glass and made his selection.

I handed him the candy, and his dad asked him, "What do you say?"

The boy replied, "Hallelujah!"

It was funny and touching all in the same moment.

*Lorrie Bryant, Marion, Rutherford EMC*

### Who visited?

I had just finished rubbing some liniment on my husband's foot when our 7-year-old granddaughter Brooke walked into the room.

"What's that smell?" she asked with a wrinkled-up nose.

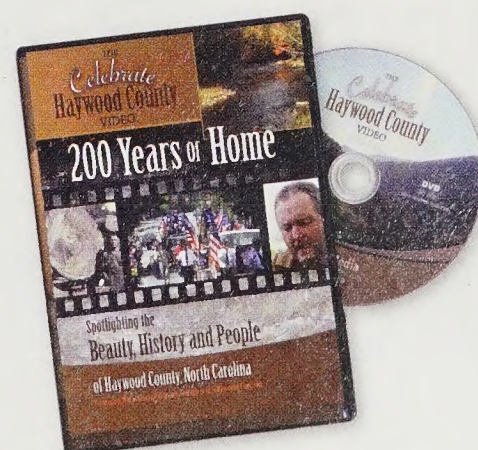
"That's Absorbine Jr.," I told her.

She replied, "Phew! When did he come by here?"

*Anna Lamb, Hertford, Albemarle EMC*

### Haywood County video

We published an outdated phone number for Stellar Media in April's magazine. Among their other projects, Stellar Media recently produced a video about Haywood County entitled "200 Years of Home." The DVD shows Waynesville, Maggie Valley, Canton, Clyde and their surrounding communities, as well as mountains, farming, hiking, clogging, mountain music and shopping. Co-sponsored by Haywood EMC and produced by Stellar Media in Candler, "200 Years of Home" is 30 minutes long and costs \$19.95. Phone: (828) 777-8459. Web: [www.stellarmediaonline.com](http://www.stellarmediaonline.com)







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(800)454-5616

Edgecombe-Martin County Electric EMC  
Tarboro, NC  
[www.emmc.com/waterheaters.aspx](http://www.emmc.com/waterheaters.aspx)  
(800)445-6486

Lumbee River Electric Co-op  
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Tideland EMC  
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[www.tidelandemc.com](http://www.tidelandemc.com)  
(800)637-1079

Or call your local cooperative and tell them you would like to know more about Marathon LIFETIME water heaters. Be sure to ask about any member discounts, or rebates that may be available.

Not available in your area? No problem. Just contact any of the EMC's above and they will be happy to have a super-efficient Marathon water heater drop shipped to your door for a nominal freight charge.

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# Go Green, Save Green

## Federal and state energy-related tax incentives

(Updated March 2009)



Investing in renewable energy and energy efficient home improvement projects may help stimulate our economy and earn you some energy-related tax breaks. The 2009 Recovery and Reinvestment Act signed in February extended and added to many of the incentives existing before. These incentives go into effect this year.

A tax credit is generally more valuable than an equivalent tax deduction because a credit lowers your taxes dollar-for-dollar, while a deduction lowers your taxable income.

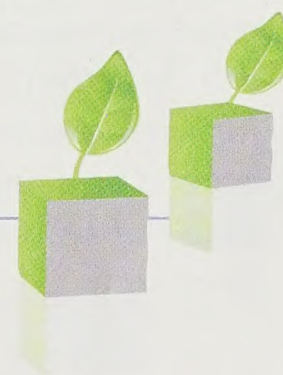
Verify all tax-related information with a tax advisor.

This chart reflects a summary of available tax credits on both the federal and North Carolina levels for energy-efficiency projects or purchases. For more detailed information on federal energy-related tax incentives, visit: [www.energystar.gov](http://www.energystar.gov). Find information on state tax incentives at [www.dsireusa.org](http://www.dsireusa.org).

Project	Requirements	Incentive	Fine Print
Exterior windows & doors, skylights.	Meets International Energy Conservation Code (IECC) or Energy Star qualified product.  U factor (heat loss) $\leq 0.30$ SHGC (block solar heat) $\leq 0.30$	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Installation costs not included. Does not apply to new home construction. Not all Energy Star models qualify.
Storm windows & doors	In combination with approved wood door or window.	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Installation costs not included. Does not apply to new home construction.
Metal roofs, asphalt roofs	Energy Star qualified roof expected to last 5 years or have a 2-year warranty.	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Installation costs not included. Does not apply to new home construction.
Insulation	Primary purpose must be to insulate. Must be expected to last 5 years or have a 2-year warranty.	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Installation costs not included. Does not apply to new home construction.
Central A/C	<b>Split Systems:</b> Energy Efficiency Ratio (EER) $\geq 13$ Seasonal Energy Efficiency Ratio (SEER) $\geq 16$  <b>Package Systems:</b> EER $\geq 12$ SEER $\geq 14$	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Does not apply to new home construction. Not all Energy Star models qualify.



Project	Requirements	Incentive	Fine Print
Air source heat pumps	<b>Split Systems:</b> HSPF $\geq$ 8.5 EER $\geq$ 12.5 SEER $\geq$ 15  <b>Package Systems:</b> HSPF $\geq$ 8 EER $\geq$ 12 SEER $\geq$ 14	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Does not apply to new home construction. Not all Energy Star models qualify.
Geothermal heat pump	All Energy Star geothermal heat pumps will qualify.	Federal tax credit equal to 30% of cost. Not subject to \$1,500 cap	Place in service by Dec. 31, 2016.
Water heater (electric heat pump)	Energy factor $\geq$ 2.0.	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	Does not apply to new home construction.
Water heater (solar)	At least half of the energy generated by the solar water heater must come from the sun.  Water must be used in dwelling.  Must be certified by the Solar Rating Certification Corporation (SRCC).  For N.C. property tax exemption, the system must be new.	Federal tax credit equal to 30% of cost. Not subject to \$1,500 cap. N.C. credit up to \$1,400 per dwelling.	Place in service by Dec. 31, 2016. Federal credit does not apply to swimming pools or hot tubs heaters.  For N.C. property tax exemption, system must be new. Allows no more than the amount of conventional equipment.
Biomass stoves	Uses any plant-derived renewable fuel (wood, farm products, etc.) to heat home or water. Thermal efficiency rating $\geq$ 75%.	Tax credit equal to 30% of cost, up to \$1,500 for all improvements combined.	
Photovoltaic (solar electric) systems	Must provide electricity for the residence and meet fire and electrical code requirements.	Federal tax credit equal to 30% of cost. Not subject to \$1,500 cap.	Must be new to qualify for N.C. tax credit. State tax credit equal to 35% of cost. Will not exceed \$10,500 (incentive varies by technology).
Small wind energy systems	New systems only.	Federal tax credit equal to 30% of cost. Not subject to \$1,500 cap. N.C. tax credit equal to 35% of cost of wind system constructed (up to \$10,500).	



### A few guidelines

- Unless otherwise noted, the tax credit includes cost of equipment and original installation costs.
- Must be for taxpayer's principal residence.
- Maximum for 2009 and 2010 for all improvements combined is \$1,500 (except geothermal heat pumps, solar water heaters, solar panels, fuel cells and wind power systems, see table).
- For tax purposes, the Manufacturer's Certification Statement and receipt are generally required. For Energy Star products, save the label.
- New home construction cannot claim credits for windows, doors, insulation, roofs, HVAC (except geothermal), non-solar water heaters.
- For state tax credits, the allowable credit cannot exceed 50% of the taxpayer's tax liability for the year reduced by the sum of all other credits. Unused portions of the credit may be carried over for the next five succeeding years.
- Verify all tax-related information with a tax advisor.





# Find a Balanced Solution

How to help your cooperative maintain affordable electricity through a national energy policy

*Commentary by the North Carolina Association of Electric Cooperatives*

*Cooperatives, consumers and Congress must work together on this challenging issue to meet environmental concerns in the most sensible, responsible and cost effective way for Americans who depend on a reliable supply of affordable electricity.*

This year, Congress will likely vote on legislation that raises energy costs to accomplish several environmental goals. Several pieces of legislation have been introduced for consideration by your members of Congress. Estimates by your local cooperative indicate that these legislative proposals could raise electric rates by 40 percent.

As not-for-profit electricity providers, North Carolina's electric cooperatives are committed to environmental stewardship. The cooperatives will work with Congress to craft energy policies that balance the costs of legislation with real environmental benefits. Cooperatives will also educate consumers and urge them to contact Congress with concerns about energy affordability.

## **Renewable energy and energy efficiency**

North Carolina's electric cooperatives are committed to expanding the development of renewable energy resources and helping consumers efficiently manage their energy use. Cooperatives joined environmental groups and other utilities in North Carolina in crafting the Southeast's first state Renewable Energy and Energy Efficiency Portfolio Standard (REPS). As Congress crafts a national renewable energy mandate, our state's cooperatives will urge members of Congress to recognize the benefits of the North Carolina legislation. Cooperatives will continue to stress the benefits of energy efficiency and the importance of protecting consumers.

## **Climate change**

Climate change has recently spurred both political and public debate. Most scientists support the position that manmade carbon dioxide emissions are significant contributors to climate change. Power plants, cars, and industries are the biggest sources of manmade carbon dioxide emissions.

Congress this year is debating several proposals to limit the emission of carbon dioxide by all sources in the United States. Because there are currently no limitations on carbon

### **North Carolina's electric cooperatives pledge:**

- To develop resources or programs with the proper balance between reductions in greenhouse gas emissions while assuring reliable and affordable electric service to our members.
- To explain our involvement and actions on this issue to co-op boards of directors, member-owners and the general public in a straightforward manner.
- To educate our legislative officials on concerns with pending proposals.



## We Are Doing Our Part

North Carolina's electric cooperatives will continue to look for ways to support environmental stewardship bearing in mind the high concern members have for affordability and reliability of electric service. We have had a long record of promoting energy efficiency and clean power technology. Here are some examples:

- Advising members regarding energy audits for homes and businesses to analyze energy use and advise on improvements that can produce significant energy cost savings.
- Facilitation of weatherization programs for members' homes and businesses in order to help stretch their energy dollars and use less energy while improving comfort and convenience.
- Promotions for low-cost, efficient lighting (compact fluorescent bulbs) and safe disposal of spent bulbs.
- Water heater insulation kits and conservation hardware to help reduce water heating costs.
- Long-term partnerships in clean, reliable nuclear power plants to provide about half the total power supply for the state's cooperatives.
- Support for technology that allows clean burning of abundant, low-cost coal to generate electricity.
- Advancing development of smart-grid technology that can ensure effective power delivery on the supply side and efficient use on the demand side.
- Development of motor fleets, including those of cooperatives, which include hybrid and plug-in electric vehicles.
- Investments in non-polluting and renewable energy projects ranging from solar-electric generating facilities to landfill methane generation systems, from wind energy farms to fuel cell technology.
- Access to voluntary charitable and local social service assistance programs for families in at-risk economic situations who need help paying power bills.

dioxide emissions, the new regulations could mandate many costly changes in the economy, especially the electric power industry.

Electric cooperatives are in favor of climate change legislation that creates real benefits for the environment and protects consumers from economic hardship.

### How does a "cap and trade" system tax consumers?

Many members of Congress are pressing for a nationwide "cap and trade" system to reduce the country's carbon dioxide emissions. Under a cap and trade program, Congress would set limitations on carbon dioxide emissions for the country as a whole. A utility whose power plant continues burning coal, for example, would be required to purchase allowances from the federal government. The allowances would be tradable on the open market.

A cap and trade system's goal is to reduce carbon dioxide emissions and reduce the country's impact on climate change. The cap and trade is equivalent to a tax on consumers' electric bills, as the billions of dollars for carbon allowances are paid for by consumers and ultimately passed to the federal government. A version currently under consideration would raise hundreds of billions of dollars per year!

A question remains: What will the government do with the revenue generated from the program?

### Elements of a balanced national energy policy

Cooperatives are communicating with members of Congress, who will vote this year on new national energy policies that will likely increase electric rates.

As a network, cooperatives are stressing to members of Congress and others in the federal government that any public policies on these issues include the following principles:

- Assure a continuing supply of reliable and affordable electricity to consumers and businesses in North Carolina, the Southeast, and the nation.
- Retain and create American jobs.
- Share the costs equitably across all geographic regions and industries that produce greenhouse gas emissions.
- Recognize that greenhouse gas emissions are a global issue requiring an enforceable, global solution.
- Provide access to least-cost financing for mitigation efforts by industries that produce greenhouse gas emissions.
- Allow diversity in power supply fuels, including renewable energy, clean coal, and nuclear energy.
- Accelerate the most critical technological research and development.
- Recognize and support energy efficiency and demand-side management programs.
- Periodically re-evaluate greenhouse gas reduction strategies and their impact on American consumers, businesses, and our nation's ability to compete internationally. 🌱

### What can you do?

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# Does Congress have a plan to fight climate change?

☐

YES

☐

NO


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could put our rural electric  
cooperative system at risk. And it  
could leave many Americans unable  
to afford their electric bills. To avoid  
an energy and economic crisis, our  
government must provide true

leadership on this issue.  
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find balanced, practical solutions  
that will address climate change and  
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# Where to Get Home Weatherization Assistance

Local agencies are coordinating the federal program to help low-income families add energy-efficiency improvements to their homes

The national Recovery Act signed into law in February expands eligibility of families and individuals (low-income, elderly or disabled) to take advantage of programs that help improve efficiency and comfort in homes. North Carolina agencies will be coordinating this program that helps low-income families add energy efficiency materials and methods to their homes.

Families with incomes below 200 percent of the federal poverty guidelines or those receiving certain cash assistance payments are eligible for weatherization services. For example, a family of four can earn up to \$44,100 a year and be eligible for the program. A family of two can earn up to \$29,140.

Weatherizing your home can save you at least \$300 in yearly energy expenses, according to the U.S. Department of Energy.

To apply, contact your local agency to arrange for an energy audit and testing on your house. These tests are used to determine air infiltration, heat loss, levels of carbon monoxide and identify recommended energy efficiency, safety and health measures. 



To get detailed information and see the forms required, contact the state coordinating agency:

## Weatherization Services

Office of Economic Opportunity  
N.C. Department of Health and Human Services  
Raleigh, North Carolina 27601  
(919) 715-5850  
[www.ncdhhs.gov/oeo](http://www.ncdhhs.gov/oeo)

## County and Local Agencies Coordinating Low-Income Weatherization Assistance *(listed alphabetically by agency)*

**Alamance, Caswell**  
Alamance County Community Services Agency  
Burlington, (336) 229-7031

**Burke, Caldwell, Alexander, Catawba**  
Blue Ridge Communication Action  
Morganton, (828) 438-6255

**Alleghany, Ashe, Wilkes**  
Blue Ridge Opportunity Commission  
N. Wilkesboro, (336) 667-7174

**Cabarrus**  
Cabarrus County Planning Services Division  
Concord, (704) 920-2141

**Hertford, Bertie, Halifax, Northampton**  
Choanoke Area Development Assn.  
Rich Square, (252) 539-4155

**Carteret, Duplin, Onslow**  
Coastal Community Action  
Newport, (252) 223-1630

**Buncombe, Henderson, Madison, Transylvania**  
Community Action Opportunities  
Asheville, (828) 252-2495

**Cumberland, Sampson**  
Cumberland Community Action  
Fayetteville, (910) 485-6131

**Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, Washington**  
Economic Improvement Council  
Edenton, (252) 482-4459

**Bladen, Hoke, Robeson, Columbus, Brunswick, Scotland, Pender**  
Four-County Community Services  
Laurinburg, (910) 277-3500

**Cherokee, Clay, Graham, Swain**  
Four Square Community Action  
Andrews, (828) 321-4475

**Franklin, Granville, Person, Vance, Warren**  
Franklin-Vance-Warren Opportunity  
Henderson, (252) 492-0161  
or (800) 682-1163

**Gaston, Mecklenburg, Stanly, Union**  
Gaston Community Action  
Gastonia, (704) 861-2283

**Iredell, Lincoln**  
I Care, Inc.  
Statesville, (704) 872-8141

**Cleveland, McDowell, Polk, Rutherford**  
Isothermal Planning and Development Commission  
Rutherfordton, (828) 287-2281

**Johnston, Harnett, Lee**  
Johnston-Lee-Harnett Community Action  
Smithfield, (919) 934-2145

**Orange, Chatham**  
Joint Orange-Chatham Community Action  
Pittsboro, (919) 542-4781

**Macon**  
Macon County  
Franklin, (828) 369-2605

**Beaufort, Edgecombe, Martin, Nash, Pitt, Wilson**  
Martin County Community Action  
Williamston, (252) 792-7111

**Haywood, Jackson**  
Mountain Projects, Inc.  
Waynesville, (828) 452-1447

**New Hanover**  
New Hanover County Action  
Wilmington, (910) 762-7808

**Durham**  
Operation Breakthrough  
Durham, (919) 688-8111

**Randolph, Rockingham, Davidson, Guilford, Forsyth**  
Regional Consolidated Services  
Asheboro, (336) 629-5141

**Wake**  
Resources For Seniors  
Raleigh, (919) 872-7933

**Rowan**  
Salisbury-Rowan Community Action  
Salisbury, (704) 633-6633

**Anson, Montgomery, Moore, Richmond**  
Sandhills Community Action  
Carthage, (910) 947-5675

**Craven, Jones, Pamlico**  
Twin Rivers Opportunities  
New Bern, (252) 637-3599

**Watauga, Avery, Mitchell, Yancey**  
W.A.M.Y. Community Action  
Boone, (828) 264-2421

**Wayne, Lenoir, Greene**  
Wayne Action Group for Economic Solvency  
Goldsboro, (919) 734-1178

**Davie, Stokes, Surry, Yadkin**  
Yadkin Valley Economic Development District  
Boonville, (336) 367-7251



# Your Dream House

Where laughter and love, comfort and joy come to live



## Peace at last

I have lived in 18 different locations throughout my life. When my husband and I moved to North Carolina, we were ready to put down permanent roots and raise our children in this beautiful state. We love the mountains and boating, and we found the perfect combination of both settings in Denton. We just completed building our dream log home this year. We chose decks with log rockers, rustic furniture inside, and displayed quilts from our great-grandmothers. We wanted a comfortable, relaxing getaway house for our family and friends. What is the best thing inside our dream house? The peaceful wooded view overlooking beautiful High Rock Lake!

*Dawn Engels, Pfafftown, EnergyUnited*



Thanks to everyone who sent us stories and pictures of your dream house. You can see more on our Web site. Next month we'll publish stories and pictures of those dumb exercises someone told you would do some good. (Deadline was April 15.) For more themes and rules of our "Nothing Could Be Finer" series, see page 15.

## A roof, floor and doors

Inside my dream home, I would have hot and cold running water. The ceilings would be nice and smooth, not cracked, sagging and leaking. I wouldn't have to put out buckets to catch water when it rains. My dream home would have a nice roof and vinyl siding, too. There would be no holes in the floors. I would have a sliding glass door instead of a piece of plywood. I would have doors to my bathroom and bedroom instead of hanging sheets. Now that's a dream home!

*Marilyn McCoy, Red Springs, Lumbee River EMC*

## Comfort and joy

The inside of my dream home would be filled with casual, comfortable furniture—the kind that invites people to stay awhile. I see a lovely sofa and two chairs with good lighting to read by. Shelves would be lined with all my favorite books, and music from a lively CD would fill the air.

Hardwood floors would gleam in the late afternoon sun, and a soft area rug would tempt me to lie down on it next to my sleeping golden retriever. The large windows of a sunroom would look out on a pond of floating geese. A crackling fire would bring warmth on a cold winter's day, while in summer the whirring of an overhead fan would temper the southern heat. I envision my friends and family gathered around a large country table to share some wine and a delicious meal.

My bedroom would represent a respite from the stress of the day with a large bed and soft pillows, a chair and lamp for reading, and a nearby tub for soaking.

But most of all, my dream home would be filled with the sound of laughter—of children, grandchildren, parents, friends and neighbors.

*Mary Anne Watson, Wake Forest, Wake EMC*

## Finding High Rock Lake

It took 15 years to get our dream home, and we found it on High Rock Lake. This six-bedroom, three-bath house sits on four acres surrounded by woods. The front porch wraps around the house to include several rocking chairs, handmade tables for checkers games, and a hammock. You can lie in the hammock and hear the leaves rustle in the wind or feel a cool mist from the May rain showers. The kitchen seats 14, which is great for family nights. You will usually find the kids outside riding 4-wheelers in the woods or playing basketball in the driveway.



The fireplace lights up with a flick of a switch. No log stacking or stoking the fire. On school mornings the kids sit in front of the fireplace drinking their hot cocoa and staying warm. The back deck has a fire pit—great for cooking s'mores and roasted marshmallows. This is the kids' favorite. The living room has theater seating, large screen TV, and a real popcorn machine. It feels like you are at the movies. The adult guest room is a king-size suite. The kids' guest room was inspired by cartoon Spiderman to include bunk beds, Playstation 2, Wii, games and puzzles. The kids can let their imaginations run wild.

The basement has a pool table, foosball, ping pong, air hockey, puzzles, chess and checkers, juke box, darts, and arcade games. It has a full-sized kitchen to include a bar which is great for entertaining and not having to carry food downstairs.

We find ourselves wanting to stay home more often to enjoy the games and luxuries of our home. Over the past two years we have had over 90 visitors. Some of the visitors liked it so much that they looked at property for sale. They also enjoyed the friendliness of North



Carolina and the beautiful landscape of the mountains. I started a visitor's book so that they can write their names and places they saw while they stayed here. We are only 2½ hours from snow and 3½ hours from the beach. Our home is only minutes from downtown Lexington which houses famous places like The Candy Factory and Conrad and Hinkle. Visitors love to visit the race shops and Childress Vineyard.

Our dream home is so dreamy we have had local nature move in. We have a wreath at the front door that has housed several birds including three baby finches.

The weather, friendly people, landscape and nature make this our dream home. We have not only found our dream home but our dream location here in North Carolina.

*Gene & Angela Watson, Lexington, EnergyUnited*

### The blessed home

I am already in my dream home. It's not my dream home because it's big or has five bedrooms. It's because it's where I was raised by wonderful loving parents who have gone on to be with Jesus. It's the house my dad built with his own hands.

Inside, the only thing of high value is love, family and God. I also have angels that I've collected since 1994. I've lived here all my life. Not many people can say that. I thank God everyday for a loving family. I am truly blessed.

Be thankful for what you do have, because you could lose everything in an instant. You could lose your job because of a disease and lose your home while waiting on your disability. I know because it happened to me and a friend of mine. God saved my home. My friend lost everything, but God is taking care of him.

Always be thankful for everything. Never take anything for granted.

*Sharon Hardin, Rutherfordton, Rutherford EMC*

### Settled in Haywood County

During the 1970s when our family was living in Asheville, my husband and I decided that we would like to build our retirement home in the mountains of western North Carolina.

We attended a land auction in Haywood County and soon became owners of an acre of property in Woodbine Acres. Just what we wanted! For 23 years we had lived in Methodist parsonages. Now we were the proud owners of a piece of land on which we planned to build our dream home. And that we did!

Joel began gathering beautiful granite rocks from the open cut in Asheville, which was under construction. A member of our church was cutting trees on his property, both pine and oak, which he donated. Joel hauled them to the saw mill at Haywood Tech to be dressed. The pine was used for framing, and the oak became beautiful bookcases on either side of the large rock fireplace and wainscoting in the dining room and kitchen. The kitchen curtains came from Dorothy's Ruffles in Wilmington.

Thirty years later the walls of our dream home continue to echo the sounds of our grandchildren celebrating New Year's Eve. They loved roasting marshmallows in the fireplace and celebrating with hats and noise makers. They enjoyed sledding on a snowy day and playing whiffle ball in the front yard.

Our dream house has been filled with love, fun, hard work and joy.

*Faith Key, High Point, Haywood EMC*



### The meaning of the claw-foot tub

When my husband and I built our home seven years ago, claw-foot tubs were one of my must-haves. We compromised on many things to save time or money, but the antique bathtubs were something that I had always dreamed of having. We purchased one of the tubs new, but we were on a budget and could not see spending that amount of money on a second tub. We found the second tub in a cow pasture, and my husband decided to try his hand at refinishing it. He did a great job. It was as good as a new one and was appreciated more for its uniqueness.

Our youngest daughter, Hallie Ann, loves the claw-foot tub. It is one of her favorite places to be. I have thought of the days when the old tub was used and have to thank God for Hallie. She was born with a heart condition and had to have open heart surgery. Back in the days when these tubs were popular, medical science was not advanced enough to have helped her. I love my tub and antiques, but I am very grateful for the advancements that have been made. 🙏

*Dawn Priest, Seagrove, Randolph EMC*

## send us your best EARN \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

#### July 2009

##### Summer Recipes

Recipes using summer foods.

*Deadline: May 15*

#### August 2009

##### Advice From Parents

As a parent, how would you like to see your local schools operated? *Deadline: June 15*

#### September 2009

##### Stupid Moments in Sports

Send stories and photos of sports moments that did not make you proud. *Deadline: July 15*

#### Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616  
E-mail: [finer@carolinacountry.com](mailto:finer@carolinacountry.com) Online: [www.carolinacountry.com](http://www.carolinacountry.com)







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# Rural North Carolina can attract new jobs

By Dr. Mike Walden

Even in the best of economic times, many rural counties in North Carolina have struggled.

Jobs have been lost due to the downsizing of traditional rural industries like textiles, apparel and furniture, as well as from restructuring in agriculture. Urban areas like the Research Triangle, Charlotte, Wilmington and Asheville have garnered the big economic headlines and job announcements.

Indeed, the disparity between urban and rural regions in the job market can be seen clearly in the current unemployment numbers. In March, the state's unemployment rate reached 10.7 percent, its highest since 1976 and fourth highest in the nation. The higher rates were in rural counties.

These differences aren't new.

Economic trends of the past 30 years, like the move to a knowledge-based economy, free trade agreements and the growth of the service sector in which face-to-face contact is important, have seemed to favor urban areas over rural communities.

So what are rural counties to do? What's their economic future, and where will their jobs come from once the recession is over?

## Advantages of the country

Any economic assessment begins with an identification of a region's pluses and minuses. Rural regions have many good factors going for them. Top among them are space, lower land costs, available labor and beautiful natural amenities.

But we also have to recognize that rural counties in general have some disadvantages. Educational attainment of the workforce in rural areas is usually lower than in urban counties. The distance to large markets also is greater. And due to space and less dense development, infrastructure (such as roads and airports) is not as readily available.

A natural strategy for rural counties is to emphasize their positive features while trying to improve their negative factors. This means focusing on businesses that are attracted to rural areas' openness, lower costs, available and eager workers and beautiful countryside, while at the same time working to improve the training and skills of workers and travel access to nearby markets.

What industries might find location in a rural county beneficial?

Fortunately, there are plenty. First and foremost is agriculture, which is still the major industry in many rural counties. Agriculture and its related sectors already contribute \$70 billion annually to our state's economy, and many experts see this growing in the future. People will always have to eat, and as the world grows in both population and income, there should be a growing market—both domestically and internationally—for the products from North Carolina's very efficient farmers.



In addition, some see a big role for farming in providing some of our nation's fuel needs in the future. How much of a role will depend on both the technology for developing alternative fuels and their costs compared to the costs of traditional energy sources.

Manufacturing should not be dismissed as a source of income and jobs for rural North Carolina.

Manufacturing is still an important component of the state economy, with output almost 20 percent higher today than a decade ago. Many manufacturers find the open spaces and lower costs of rural locations an advantage. In fact, a recent national study found manufacturing activity outside of textiles and apparel actually increasing in rural areas. However, a key requirement for manufacturers is the availability of adequate transportation services to move finished products to urban markets.

The "call center" model is another tactic rural economic developers can pursue. The idea is to attract services (like call centers) that can be provided electronically to the customer. Again, rural areas may be attractive for such businesses due to their lower labor costs.

Finally, several industries can be targeted that may be attracted to the natural amenities rural regions offer. These include second home and retirement developments, tourism service and footloose professional services. The latter are companies offering professional services—like engineering and architecture—whose workers give up everyday access to clients for the beauty and peacefulness of a rural location.

Is there an easy path to rural prosperity and economic equality with urban counties? No.

But is there a way for rural areas to compete and attract jobs? Definitely.

The answer lies not in rural areas trying to be just like their urban cousins, but in rural regions using their unique features and advantages to find matching companies.

*Dr. Mike Walden is a William Neal Reynolds Professor and North Carolina Cooperative Extension economist in the Department of Agricultural and Resource Economics of N.C. State University's College of Agriculture and Life Sciences.*



# NO LIGHTWEIGHT

Energy-stingy LEDs  
pack a powerful punch



*By Kaye Northcott,  
Texas Co-op Power magazine*

Consumers might just be getting used to compact fluorescent lamps (CFLs), but the lighting industry is hard at work perfecting the next greatest thing—lighting composed of light-emitting diodes (LEDs). Don't worry about having to throw out your CFLs any time soon, however. There are still a lot of kinks to work out before an entire home can be illuminated cost effectively with LEDs.

Within a decade, or perhaps sooner, LEDs will be the predominant lighting product. They are 50 to 60 percent more energy efficient than incandescent lighting and 25 to 30 percent more energy efficient than CFLs. The most efficient already operate 50,000 to 100,000 hours or 10 to 12 years longer than CFL lighting, according to the industry. The solid-state diodes are already in use for landscaping, flashlights, holiday lights and traffic signals, to name a few applications.

Experts at the Cooperative Research Network (CRN), a national co-op research organization that is testing LEDs, say that electricity savings from computer-chip-driven LEDs will be one of the most important factors in reaching government-mandated energy-efficiency standards by 2020. LEDs could account for up to 30 percent of the savings.

In 2003, Austin Energy, a Texas cooperative, replaced incandescent bulbs with LED bulbs in all city traffic signals. The city reports it has reduced energy usage by 7.25 million kilowatt-hours and saved the city \$1.4 million on traffic signals. Houston is doing the same and estimates the new bulbs will eventually save taxpayers \$10,000 a day. Fast-food chains and other businesses that stay open 18 to 24 hours a day are reaping some savings already. However, the high cost of LEDs for home lighting that is used for only a few hours a day would be hard to justify so far.

GreenStar, based in Boerne, Tex., is making street and commercial lighting with great promise. Because the lighting is already being distributed in countries such as Mexico and Honduras, it is manufactured to operate on various voltages without changing the fixtures. Bandera Electric Cooperative in Texas has purchased GreenStar fixtures and is measuring their efficiency.

In late December, CRN hosted a "webinar" for cooperative leaders interested in monitoring research on LEDs. Those who participated learned that LEDs are still in the experimental phase but are rapidly improving. Martha J. Carney of Outsourced Innovations said that LEDs have many advantages, come in a variety of fixtures and are hard to damage. The U.S. Department of Energy expects LEDs to parallel CFLs in performance within five years.

## CRN emphasizes these points:

- LEDs perform well in frigid climates, but research must be done in the desert.
- They operate cooler to the touch than other forms of lighting.
- The quality of current products varies widely, so don't believe everything vendors tell you. Many products on the market today are not delivering as promised.
- Light shifting or dimming can be a problem—for example, white light shifting toward blue. Look at the variety of colors in current LED auto headlights.
- The semiconductor chips in LEDs must be protected from the fixture's heat source. Heat's proximity to the chip reduces efficiency.
- Retrofitting with LEDs is not as simple as changing bulbs.
- It currently takes eight to 12 months for LED chips to be manufactured.





## Planning a Green Remodel

### Homeowners buy into sustainable design

*This remodeled kitchen features eco-friendly materials.*



As homeowners cope with environmental health concerns, diminishing natural resources and increasing energy costs, green remodeling practices are becoming more and more popular.

"If you had to put it in a nutshell, the biggest trend we're seeing is sustainable design," says Stewart Davis, AIA, design director for CG & S Design-Build in Austin, Tex., a member of the National Association of Remodeling Industry. "We're still doing nice kitchens and baths, but people want to do these projects as green as possible—and within their budget."

CG & S Design-Build is a member of Austin's award-winning Green Building Program. The company is just one of thousands of NARI members that help consumers remodel their homes in a way that respects the environment through improved energy and water efficiency, building with sustainable materials and reducing maintenance concerns. Here are a few key areas that remodelers take into consideration when planning a green remodel:

#### Efficient heating & cooling

New insulation technologies, such as spray-in cellulose insulation, is made from 80 percent post-consumer recycled newspaper and will effectively seal homes from harsh heat and cold.

Thermal solar energy is a non-polluting energy source that is easily captured and used for water and space heating. Although solar water heaters can be expensive (\$1,000–\$4,000), they can show paybacks of four to eight years, according to Austin Energy.

Space heating systems can vary from \$800 for wall heaters to \$4,000 and more for large central systems. Qualified remodelers can help homeowners choose the right combination of insulation and energy-saving heating and cooling systems to reduce energy costs.

#### Reducing water consumption


Many parts of the country, including North Carolina, are experiencing rising water costs and seasonal water shortages due to diminishing supplies. Selecting the right appliances, such as water-conserving washers, dryers and dishwashers, and installing low-flush toilets and showerheads can help trim water bills.

In addition, approximately 8,000 gallons of water per household each year are lost while waiting for hot water to come from the tap. Positioning a home's water heater as close as possible to the points of use for hot water will help conserve this valuable resource.

#### Healthy indoor air

Homeowners today are concerned about maintaining a healthy indoor environment, particularly if they have sensitivities to airborne irritants. Modern building materials, such as construction adhesives, paints and treated woods, can have toxic VOCs (Volatile Organic Compounds) that adversely affect indoor air quality. Today, there are new non-toxic materials to improve the overall health of a home. Air filters, such as those installed in a home's central HVAC system, can also improve the quality of indoor air.

#### Sustainable materials

Reduce the environmental impact of your remodel by choosing flooring and countertop materials made from local or regional sources. There are many products today that are either made of recycled materials or produced in an eco-friendly way. "Green" surfaces, such as reclaimed hardwood, bamboo flooring and recycled glass countertops leave a lighter footprint on the environment. 

*Source: The National Association of the Remodeling Industry (NARI) is a trade association dedicated solely to the remodeling industry. To locate a remodeling professional or a local NARI chapter, call (800) 611-NARI or visit NARI's Web site at [www.RemodelToday.com](http://www.RemodelToday.com).*



## What about recyclable plastic?

Polypropylene, which is marked with #5 inside the “chasing arrows” symbols, is a lighter-weight plastic resin commonly used in dairy and deli packaging. Some companies have chosen this lighter plastic because it has a lower environmental impact to produce and transport.

High density polyethylene (HDPE), marked with #2, is a stiffer resin used to package cleaning products and some dairy products. The most widely used resin type for food products is polyethylene terephthalate, or PETE, marked with #1 and used for soda and water bottles.

According to Consumers Union’s “Greener Choices,” these plastics are safe for their original use, though any can leak toxins when reused repeatedly. All three can be recycled, though a lagging market leads some locations to limit what they’ll accept. There is also concern that widespread plastics recycling encourages more use of plastics, and that efforts should try to get consumers to buy fewer plastic-encased products. Some say the chasing-arrow label implies a higher level of recyclability than is presently available.

According to dairy company Stonyfield Farm, their #5 one-quart yogurt container uses 30 percent less plastic than a #2 cup. Since it takes less material to make a thinner container, it reduces the amount of resin that needs to be manufactured. Stonyfield says the use of #5 over #2 prevents the manufacture and disposal of more than 100 tons of plastic per year.

Savings comes from more than manufacturing. The heavier #2 plastics require more energy to transport. It’s not only getting the yogurt from Stonyfield’s plants to your store, but also getting the containers from the plastics manufacturer to their dairies. In fact, the company cites a packaging study by the Boston-based Tellus Institute which found that 95 percent of the environmental costs of packaging lie in production and less than five percent are associated with disposal.

According to Earth 911, a national directory of recycling outlets, the best thing consumers can do is to choose items with less packaging and buy in bulk when possible. So the next time you reach into the dairy case, grab the quart or gallon-size yogurt instead of the single-serving cups. Then, make sure you recycle only the allowable plastics so you don’t contaminate the lot.

Besides seeking alternatives to plastic packaging, consumers can affect overall plastic use by supporting legislation that would require manufacturers to take back their plastic packaging, which would encourage “cradle-to-grave” practices. Further, you can support legislation that mandates more use of recycled plastic content, which would reduce the overall amount of virgin plastic produced in the first place.

**To learn more:** Earth 911, [www.earth911.com](http://www.earth911.com); Stonyfield Farm’s Earth Actions, [www.stonyfield.com/EarthActions](http://www.stonyfield.com/EarthActions); Consumer Reports’ Greener Choices, [www.greenerchoices.org](http://www.greenerchoices.org).



*Some companies have switched from #2 to #5 plastic food containers because it is lighter and has a lower environmental impact to produce and transport.*

## Fuel-efficient rental cars

Rental car companies are stocking up on gasoline-electric hybrids and other vehicles with better mileage and lower emissions.

Hertz in 2006 launched its Green Collection, which includes fuel efficient cars such as the Toyota Camry, Ford Fusion, Buick LaCrosse and Hyundai Sonata. These models, available at 50 airport rental locations, average 31 miles per gallon (mpg) on the highway, and most carry the U.S. Environmental Protection Agency’s (EPA’s) SmartWay certification, indicating lower greenhouse gas and other emissions. In June 2007, Hertz added some 3,400 Toyota Prius hybrids into its American rental fleet.

Avis and its partner Budget offer 2,500 hybrids (Toyota’s Prius and Nissan’s Altima). And Advantage Rent-a-Car has pledged to turn all of its rental fleet “green” by 2010.

Enterprise—the nation’s largest rental car company—offers some 440,000 vehicles that get 28 mpg or better in highway driving. Some 5,000 of the total are hybrids (Toyota’s Camry and Prius and Ford’s Escape SUV), while another 73,000 can run on biofuel or on regular gas. Customers of Enterprise (or one of its sister brands, Alamo or National) can also opt to pay an extra \$1.25 per rental to offset their carbon emissions. (Funds go to Terra Pass, which funds clean energy projects.)

Renting a hybrid typically costs \$5 to \$15 more per day than an equivalent conventional car, so consider what fuel savings will be after that surcharge. 🌱

**To learn more:** Hertz, [www.hertz.com](http://www.hertz.com); Avis, [www.avis.com](http://www.avis.com); Advantage, [www.advantage.com](http://www.advantage.com); Enterprise, [www.enterprise.com](http://www.enterprise.com); EPA SmartWay, [www.epa.gov/smartway](http://www.epa.gov/smartway); Terra Pass, [www.terrapass.com](http://www.terrapass.com); SmarterTravel, [www.smartertravel.com](http://www.smartertravel.com).

## Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: [www.emagazine.com/earthtalk/thisweek](http://www.emagazine.com/earthtalk/thisweek), or e-mail: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com). Read past columns at: [www.emagazine.com/earthtalk/archives.php](http://www.emagazine.com/earthtalk/archives.php).



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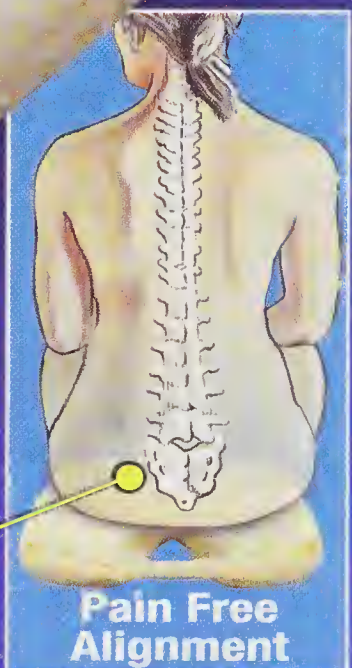
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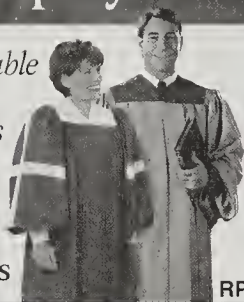
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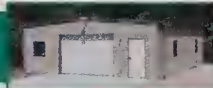
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## "Carolina Songs"

Musician Chris Cates' latest CD touches on rock, blues, beach music, country, soul and jazz to create a unique sound. On "Carolina Songs," his signature voice, guitar and piano blend with John Kell's saxophone, Jason Peeler's drum and Chris Singleton's bass guitar in songs that take the listener from the mountains to the beach. The CD's 10 songs include "Boogie in the Mountains," "Restless Love," "Linville Cavern," and "Slow Beach Music." Cates lives in Asheville, where he tours with his band Chris Cates & the MasterPlan. Recorded at Mealtime Brown Studios in Asheville. \$9.97.

[chris@chriscates.net](mailto:chris@chriscates.net)  
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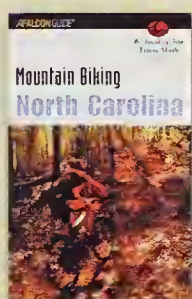


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## on the bookshelf

### Mountain Biking

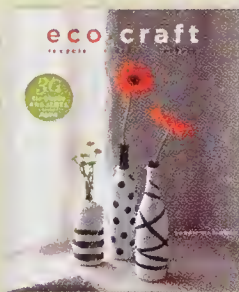
Ranging from the smooth, easy tracks in Greenville, to the brutal pitches and heart-pounding terrain of the Pisgah National Forest, the Tar Heel State has a ride for everyone. In "Mountain Biking North Carolina," veteran mountain biker and author Timm Muth outlines more than 60 rides, organized by region, with detailed ride descriptions, maps, elevation profiles, ratings for physical and technical difficulty, riding tips and trip preparation. Muth also includes a category ride index with titles such as Cruisers, Bruisers and Screaming Descents, with locale suggestions such as taking a dip in the lake after riding the Cane Creek trail near Charlotte. He also explains what a swoopy, grinder, bunny hop and taco mean. Muth, who says he went through six wheels, nine tires and 10 sets of cable in riding nearly 2,000 miles for research, lives in Sylva. Softcover, 276 pages, \$16.95. Published by Falcon, an imprint of Globe Pequot Press of Guilford, Conn.



### "Eco Craft"

Offering 30 home décor projects, "Eco Craft" shows how you can recycle, use and transform everyday items to stylish new heights. Who would have imagined that you could make beautiful lampshades from plastic grocery bags? Or that melted plastic six-pack can holders could highlight a chic, Moorish-inspired tri-fold screen? Other projects deftly recycle wallpaper scraps, glass bottles and sweaters into usable art. Every project features instructions and step-by-step color photos, while icons spotlight key techniques, materials, and the estimated time to complete each project. "Eco Craft: Recycle Recraft Restyle" is written by Susan Wasinger and published by Lark Books in Asheville. Hardcover, 128 pages, \$24.95.

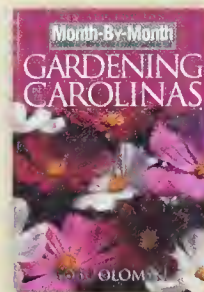
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### Month-By-Month Gardening

What should I be doing in my garden this month? You'll find answers to this question and more inside "Month-by-Month Gardening in the Carolinas." The guide helps take out the guesswork through a monthly format for 10 major plant categories, including annuals and biennials, bulbs, herbs & vegetables, perennials, vines and ground covers and water gardening. Within each category, author Bob Polanski looks at topics such as planning, planting, care, pruning, watering and fertilizing, along with problems typical of the month. Tips are sprinkled throughout. Polanski is an Extension horticulturist at Clemson University in Greenville, S.C. Softcover, 304 pages, \$24.99. Published by Cool Springs Press of Franklin, Tenn.

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## Giants among melons

Some folks grow watermelons for the table, and others grow them for the market. But there's a third, more elite, class of watermelon growers whose only concern is the scale. These growers strive for the blue ribbon at the fair or maybe even the world record. Allie Collier, 79, of Angier, came close to cinching the latter with a 252.25-pound whopper he grew in 2005, which took top honors at the North Carolina State Fair. The current world record is 268.8 pounds. An up-and-comer on the giant watermelon scene is Larry C. Boyette, 56, of Kenly. In 2008, he grew a 163-pounder that snagged first place at the State Farmer's Market's annual competition. He also took the blue ribbon at the 2007 State Fair.

Growing giant watermelons can be an exciting venture, whether you want to win a contest or just impress the neighbors. As the pros will tell you, growing a prizewinning watermelon isn't easy—they dote on their watermelons like children. Though Boyette keeps his particular fertilizer formula a secret, he is generous with advice for anyone who wants to try his or her hand in the giant game. Here are a few tips for beginners.

- ▶ Choose a variety of seed specific for producing giant fruits. Boyette recommends 'Carolina Cross.'
- ▶ Boyette starts his seeds in the greenhouse in mid-March to get a jump on the planting season. But by May, the ground should be warm enough for direct sowing. You mustn't tarry. From start to finish, producing a giant melon is a 120-day job.
- ▶ You'll need about a 20-by-20-foot space per plant. Make sure the area is free of weeds or grass. Well-rotted manure and cottonseed meal are good organic soil amendments.
- ▶ A watermelon vine will produce several melons, but you'll need to cull all but one fruit if you're aiming for that lone scale-buster. That way, all the nutrients are reserved for it.
- ▶ Fertilize plants weekly. Boyette says it can be as simple as an all-purpose fertilizer, about 3 tablespoons diluted in 2 gallons of water. He also adds a little extra nitrogen. But don't overdo it—more is not better.
- ▶ Keep plants well watered but not waterlogged.
- ▶ Boyette recommends spraying vines with a fungicide about every 10 days. You'll also need to look out for and control squash beetles.
- ▶ Though watermelon vines need sun, the maturing melon can benefit from filtered light. To shade the melon and to keep crows and deer away, Boyette constructs a wood frame about 3–4 feet long and 30 inches high and tops it with a piece of burlap. He does this when the melon is about 15–18 inches long. He also puts a piece of plastic foam underneath the melon to protect it from rotting.



*From start to finish, producing a giant watermelon is a 120-day job.*

## A different spin on spinach

When the weather gets warm, most spinach is spent. But there's a crop of interesting imitators that thrive in heat. And like spinach, they are packed with vitamins and nutrients.

- ▶ New Zealand spinach tastes like spinach and can be cooked or used fresh in salads. It has thick, bright-green 4-inch leaves.
- ▶ Red Malabar spinach also has a spinach-like flavor. It is a climber, with vines 8 feet or longer, so it is best grown on a trellis. It is highly ornamental, with striking red vines and stems, and the thick, tasty leaves are also veined in red.
- ▶ Strawberry spinach, also called beetberry, has light-green, thin, triangular leaves. The plants, which grow about 12–18 inches tall, also bear tiny, edible fruits that resemble strawberries.

If you can't locate these seed selections on the shelves, search for mail-order sources online.

## Hort shorts

- ▶ Plant a Row for the Hungry is a campaign to encourage gardeners to share their bounty with local food banks, soup kitchens and service organizations. Since 1995, American gardeners have donated more than 14 million pounds of herbs and vegetables to feed the hungry in local neighborhoods and communities. For information on participating, call 1-877-492-2727, or visit [www.gardenwriters.org](http://www.gardenwriters.org)
- ▶ We're accustomed to seeing hummingbirds sipping nectar from sun-loving flowers. But these birds will also dine in the shade on annual flowers like impatiens. They especially like the orange-flowered native impatiens known as jewelweed or spotted touch-me-not. ☺



Carla Burgess can be reached at [ncgardenshare@mindspring.com](mailto:ncgardenshare@mindspring.com).

For more gardening advice, go to the "Carolina Gardens" section of [www.carolinacountry.com](http://www.carolinacountry.com).



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# May Events



Students will drive, test, show and compete with their custom-built electric cars and trucks at the 14th Annual Electric Vehicle Challenge May 15–16 at Oak View Historic Park and the N.C. State campus. [www.smarttchallenge.com](http://www.smarttchallenge.com)

## ONGOING

### "A View from Space"

Through May 2, Oxford  
(919) 693-9706  
[www.granvillemuseumnc.org](http://www.granvillemuseumnc.org)

### "Ring of Fire: The Johnny Cash Musical"

May 6–24, Flat Rock  
(828) 693-0731  
[www.flatrockplayhouse.org](http://www.flatrockplayhouse.org)

### "High School Musical 2"

Through May 9, Blowing Rock  
(828) 295-0112  
[www.hayescenter.org](http://www.hayescenter.org)

### "Masters of the Night" NC Arboretum

Exhibit about bats  
Through May 10, Asheville  
(828) 665-2492

### "One Flew Over The Cuckoo's Nest"

Through May 16, New Bern  
(252) 633-0567  
[www.newberncivictheatre.org](http://www.newberncivictheatre.org)

### Six Sundays in Spring Centennial Concert

Through May 24, Wake Forest  
(919) 554-4654  
[www.wakeforestnc.gov](http://www.wakeforestnc.gov)

### Masterworks

From the New Orleans Museum of Art  
Through June 21, Charlotte  
(704) 337-2009  
[www.mintmuseum.org](http://www.mintmuseum.org)

### Dan Finch & The Finch Studio Potters

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Through August, Seagrove  
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### Farmers Market

Through Oct. 31, Wake Forest  
(919) 556-2634  
[www.wakeforestmarket.org](http://www.wakeforestmarket.org)

### Poplar Grove Farmers Market

Through Dec. 16, Wilmington  
(910) 686-9510  
[www.poplargrove.com](http://www.poplargrove.com)

### "Inside Africa"

Through 2009, Rocky Mount  
(252) 972-1167  
[www.rockymountnc.gov/museum](http://www.rockymountnc.gov/museum)

### "Stars of the Pharaohs"

Through 2009, Rocky Mount  
(252) 972-1167  
[www.rockymountnc.gov/museum](http://www.rockymountnc.gov/museum)

### Centennial Images

Exhibit of Wake Forest art  
May 2–3, 8–10, 15–17, Wake Forest  
(919) 554-4654  
[www.wakeforestnc.gov](http://www.wakeforestnc.gov)

### Mollie Fearing Memorial Art Show

May 2–27, Manteo  
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[www.roanokeisland.com](http://www.roanokeisland.com)

### "Old Love"

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Blowing Rock  
(800) 526-5740  
[www.tweetsie.com](http://www.tweetsie.com)

### Botanical Garden Tour

May 1–2, Wilson  
(252) 237-0113

2

### Heritage Day

Exhibits, crafts, entertainment & children's activities  
Eastover  
(910) 483-6725

### David Wilcox

Singer-songwriter with acoustic guitar  
Washington  
(252) 975-1191  
[www.turngetheater.com](http://www.turngetheater.com)

### Master Gardener Plant Sale

Lexington  
(336) 242-2085

### May Day

Fayetteville  
(910) 483-5311  
[www.capefearbg.org](http://www.capefearbg.org)

### The Jarman Opry

Country, gospel & blue grass  
New Bern  
(252) 637-6586  
[www.thejarmanopry.com](http://www.thejarmanopry.com)

### Spring Fling

RayLen Vineyards & Winery  
Mocksville  
(336) 998-3100  
[www.raylenvineyards.com](http://www.raylenvineyards.com)

### Old Jonesville Day

Jonesville  
(336) 835-3426

### May Play Day Family Fun

Edenton  
(252) 221-1875

### MayFest

Town festival  
Rutherfordton  
(828) 245-1492  
[www.rutherfordtown.com](http://www.rutherfordtown.com)

### Wooden Boat Show

Beaufort  
(252) 728-7317  
[www.ncmaritimemuseum.org](http://www.ncmaritimemuseum.org)

### Meet in the Street

Family festival  
Wake Forest  
(919) 556-1519

### Rhododendron Show

May 2–3, Asheville  
(828) 665-2492  
[www.ncarboretum.org](http://www.ncarboretum.org)

### Extreme Cowboy Challenge

May 2–3, Gold Hill  
(704) 279-5674  
[www.historicgoldhill.com](http://www.historicgoldhill.com)

3

### The Albemarle Chorale

"A Serenade to Music"  
Edenton  
(252) 426-5891

### The Symphony of Rutherford County

Spindale  
(828) 245-1492  
[www.rcsymphony.org](http://www.rcsymphony.org)

5

### Agricultural Fair

Exhibits, rides, demos & music  
May 5–10, Burlington  
(336) 228-6108

7

### Lake Eden Arts Festival

Black Mountain  
(828) 686-8742  
[www.lakeedenartsfestival.org](http://www.lakeedenartsfestival.org)

### Spring Garden Symposium

Tarboro  
(252) 823-5770  
[www.edgecombearts.org](http://www.edgecombearts.org)

8

### Kathy Mattea Concert "Coal: Moving Mountains"

Morganton  
(828) 438-5294  
[www.commaonline.org](http://www.commaonline.org)

### Johnston County Chorale

Clayton  
(919) 202-1361

### Hogfest

Barbeque cook-offs, arts and crafts, lawn mower races  
Edenton  
(252) 482-4057

### Antique Tractor & Engine Show

May 8–9, Lake Lure  
(828) 625-4720

### Celtic Festival & Highland Games

May 8–9, Winston-Salem  
(336) 924-8191  
[www.bethabarapark.org](http://www.bethabarapark.org)



**LaurelFest Community Festival**

May 8-9, Laurel Hill  
(910) 462-2424

**Pass Along Plant Sale**

May 8-9, Greensboro  
(336) 454-8549

**WOMEN's Expo**

May 8-9, Fayetteville  
(910) 483-5311  
[www.atthecrown.com](http://www.atthecrown.com)

**Spring Classic Quarter Horse Show**

May 8-10, Williamston  
(252) 753-8069  
[www.ecmhc.com](http://www.ecmhc.com)

**Horsemanship Clinic**

May 8-10, Williamston  
(252) 338-2893  
[www.kellysigler.com](http://www.kellysigler.com)

**Mother's Day Gemboree**

May 8-10, Franklin  
(601) 879-8832

**G & LW Wholesale Gem Show**

May 8-10, Franklin  
(800) 336-7829

**Mayfest**

May 8-10, Pilot Mountain  
(336) 368-2381

**Art After Hours**

May 8, Wake Forest  
(919) 435-6233  
[www.sunflowerstudiowf.com](http://www.sunflowerstudiowf.com)

**Letterland**

Tweetsie brings the alphabet & phonics to life  
May 8, 15 & 22, Blowing Rock  
(919) 277-1180  
[www.tweetsie.com](http://www.tweetsie.com)

9

**"A Classic Country Music Show"**

Raymond Bradley & The Ramblin Fever Band  
Sanford  
(919) 708-7821

**Horse Game Show/Fun Day**

Mule Association's annual event  
Love Valley  
(336) 731-1389  
[www.lovevalley.com](http://www.lovevalley.com)

**Golf Tournament**

Southern Pines  
(910) 947-3478  
[www.keepmoorecountybeautiful.org](http://www.keepmoorecountybeautiful.org)

**Book & Author Showcase**

Flat Rock  
(828) 698-1550  
[www.blueridgebookfest.org](http://www.blueridgebookfest.org)

**Cemetery Walking Tour**

Wake Forest  
(919) 556-3326

**Tour de Falls**

12-mile tour by bus of DuPont Forest  
Hendersonville  
(828) 693-9708  
[www.historichendersonville.org](http://www.historichendersonville.org)

**Antiques & Collectibles Show**

St. Pauls  
(910) 865-4179

10

**North Carolina Symphony**

New Bern  
(877) 627-6724  
[www.ncsymphony.org](http://www.ncsymphony.org)

**Pancake & Sausage Breakfast**

Wake Forest  
(919) 494-2707

**Confederate Memorial Day**

Fayetteville  
(910) 483-5311

**Hot Club of San Francisco**

All-string instrumentation of violin, bass and guitars  
Blowing Rock  
(828) 295-0112  
[www.hayescenter.org](http://www.hayescenter.org)

**Old Time folk music**

Snow Creek Old Tyme Band  
Danbury  
(336) 593-8480

12

**Ibis Fest**

Explore marshes, waterways, savannas, ocean shores and maritime forests  
May 12-16, Southport  
(910) 454-9409  
[www.ibisfest.org](http://www.ibisfest.org)

14

**The River Show**

Cape Fear Regional Theatre  
Fayetteville  
(910) 483-5311  
[www.cftrt.org](http://www.cftrt.org)

**Carolina Gospel Association**

Rutherfordton  
(828) 245-1492  
[www.carolinagospel.com](http://www.carolinagospel.com)

15

**"Blackbeard's Crew Plunders Museum of the Albemarle"**

May 15-16, Elizabeth City  
(252) 335-1453

**Tuscarora Nation Pow Wow**

May 15-16, Maxton  
(910) 844-3352  
[www.tuscaroranationnc.com](http://www.tuscaroranationnc.com)

**Harley Davidson Rally**

May 15-16, New Bern  
(252) 637-9400  
[www.chdda.com](http://www.chdda.com)

**Electric Vehicle Challenge**

Southeast students compete with custom-built cars  
May 15-16, Raleigh  
(919) 818-2377  
[www.smarttchallenge.com](http://www.smarttchallenge.com)

**Pinetops 300 Tractor Pull**

May 15-16, Pinetops  
(252) 827-4260  
[www.pinetops300.com](http://www.pinetops300.com)

**MCAS Cherry Point Air Show**

May 15-17, Cherry Point  
(866) 946-4762  
[www.cherrypointairshow.com](http://www.cherrypointairshow.com)

**Paddlefest**

May 15-17, Denton  
(336) 859-2105  
[www.hrlpaddlefest.com](http://www.hrlpaddlefest.com)

16

**Chicago City Limits**

Comedy & improvisational company  
Washington  
(252) 975-1191  
[www.turnagetheater.com](http://www.turnagetheater.com)

**Lonesome River Band**

Blowing Rock  
(828) 295-0112  
[www.hayescenter.org](http://www.hayescenter.org)

**Lure of the Dragons**

Fun festival & Dragon boat races  
Lake Lure  
(828) 245-1492  
[www.lureofthedragons.org](http://www.lureofthedragons.org)

**Old Growth Forest**

Learn what is special about a forest  
Chimney Rock Park  
(828) 245-1492

**Bath Fest**

Arts & crafts  
Bath  
(252) 940-6218  
[www.bathfest.com](http://www.bathfest.com)

**Pork-Fest**

Cook-off, music, vendors, food  
Murfreesboro  
(910) 358-1202

**Art in the Park**

Blowing Rock  
(828) 295-7851

**"Run for Shelter"**

5k Run/Walk fundraiser  
New Bern  
(252) 638-4509  
[www.coastalwomensshelter.org](http://www.coastalwomensshelter.org)

**Master Gardeners' Garden Tour**

May 16-17, Lexington  
(336) 242-2085

**Naturalist Weekend**

Hikes, special presentations  
May 16-17, Grandfather Mountain  
(828) 737-0833

17

**Maritime Day**

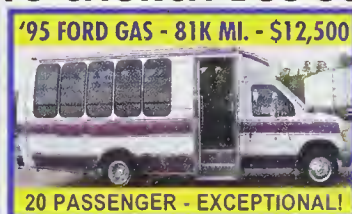
Beaufort  
(252) 728-1638  
[www.ncmaritimemuseum.org](http://www.ncmaritimemuseum.org)

**Downtown Criterium Bike Race**

Wake Forest  
(919) 562-0000

**Pawfest Wine Festival**

Warrenton  
(252) 257-9990

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[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

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**Memorial Day Classic & Derby**

May 21-25, Williamston  
(804) 347-2419  
[www.virginiareininghorse.com](http://www.virginiareininghorse.com)

22

**Ole Time Fiddler's & Bluegrass Festival**

May 22-24, Union Grove  
(828) 478-3735  
[www.fiddlersgrove.com](http://www.fiddlersgrove.com)

**Miners Meet**

Gold dig, demos, panning  
May 22-25, Thermal City  
(828) 245-1492  
[www.huntforgold.com](http://www.huntforgold.com)

**All-American Weekend**

Re-enacts living history event  
May 22-25, Fort Bragg  
(910) 323-3443

23

**International Music Festival**

High Point  
(678) 377-3298  
[www.donnahughes.com](http://www.donnahughes.com)

**"Vettes in the Valley"**

Corvette car show  
May 23-24, Maggie Valley  
(828) 734-9126  
[www.smokyevents.com](http://www.smokyevents.com)

**Memorial Day Festival**

May 23-25, Lake Lure  
(828) 245-1492  
[www.shepardscarehng.org](http://www.shepardscarehng.org)

24

**B&B Trail Open House Tour**

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Pittsboro, (888) 643-2017  
[www.bntrailinc.com](http://www.bntrailinc.com)

**New River Banks Party**

Arts & crafts, chowder cook-off  
Jacksonville  
(910) 455-3893  
[www.onslowcountytourism.com](http://www.onslowcountytourism.com)

**"The Elixir of Love"**

Asheville Lyric Opera  
Blowing Rock  
(828) 295-0112  
[www.hayescenter.org](http://www.hayescenter.org)

**Swingin' Under the Stars**

Glenn Miller Era tribute  
Hickory  
(828) 632-0106  
[www.downtownhickory.com](http://www.downtownhickory.com)

28

**Be There, or Walk The Plank**

Line Dance Marathon  
May 28-31, Raleigh  
(919) 941-5050  
[www.jg2country.com](http://www.jg2country.com)

29

**Collective Spirits Wine Festival**

May 29-30, Highlands  
(828) 526-4949  
[www.thebascom.org](http://www.thebascom.org)

**Nature Photography Weekend**

May 29-31, Grandfather Mountain  
(828) 737-0833

30

**Strawberry Fest**

Gold Hill  
(704) 279-5674  
[www.historicgoldhill.com](http://www.historicgoldhill.com)

**Open House**

RayLen Vineyards, Mocksville  
(336) 998-3100  
[www.raylenvineyards.com](http://www.raylenvineyards.com)

**Neuse River Day**

New Bern  
(252) 637-7972  
[www.neuseriver.org](http://www.neuseriver.org)

**Sprint Triathlon/Relay Triathlon**

Cherry Point  
(252) 466-2208  
[www.mccscherrypoint.com](http://www.mccscherrypoint.com)

**Over The Mountain Triathlon**

Kings Mountain  
(704) 734-0333  
[www.cityofkm.com](http://www.cityofkm.com)

**Blues 'n' Brews Festival**

Fayetteville  
(910) 483-5311  
[www.cfrt.org](http://www.cfrt.org)

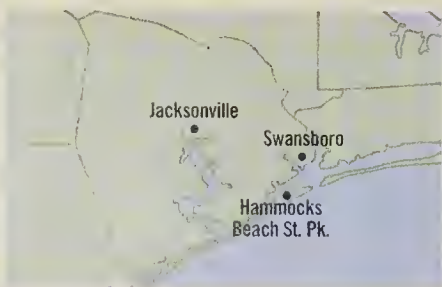
## CAROLINA COUNTRY adventures



Visitors can see an iguana, porcupine, zebra and even a blue-tongued skink at Lynnwood Park Zoo in Jacksonville.

**Onslow County**

Jones-Onslow EMC territory



Learn of other nearby adventures and events:

(800) 932-2144  
[www.onslowcountytourism.com](http://www.onslowcountytourism.com)

Wide, unspoiled beaches and forests teeming with wildlife grace this southeastern coastal county. Jacksonville, population at least 70,000, is the county seat and home of Camp Lejeune. Surrounding areas include the incorporated towns of Holly Ridge, Richlands, Swansboro, North Topsail Beach, part of Surf City, and unincorporated Sneads Ferry. Swansboro's historic waterfront features dozens of restored homes and structures and a charming mix of art galleries and boutiques. The 1950s-style Yana's Ye Olde Drug Store serves sandwiches, omelets and pineapple pancakes. Another favorite is Captain Charlie's Seafood Paradise, which boasts Down East chowder and clam fritters. Richlands has Onslow County Museum, and in Sneads Ferry you can buy fresh seafood easily at the docks. Missiles and More Museum in Topsail Beach features exhibits on community development and "Operation Bumblebee," a U.S. missile project on Topsail Island in the 1940s. The New River and tributaries are favorites for freshwater anglers, and the coast offers uncrowded beaches for surfcasting.

**Three top spots:**

**Montford Point Marines Museum:** This unique museum will open your eyes to the legacy, triumphs and tribulations of the nation's first African-American marines. Located at Camp Johnson in Jacksonville, it features photographs, documents and artifacts pertaining to black Marines who served from 1942 to 1949. Admission is free. (910) 450-1340 or [montfordpointmarines.com](http://montfordpointmarines.com)

**Lynnwood Park Zoo:** Visitors enjoy a leisurely stroll between exhibits holding more than 80 animals, including a Burmese python, wallaby and alligator, in this 10-acre, landscaped park in Jacksonville. Fees vary. (910) 938-5848 or [lynwoodzoo.tripod.com](http://lynwoodzoo.tripod.com)

**Hammocks Beach State Park:** Just off Swansboro, this treasure is an acclaimed wildlife nature preserve. Except for 33 acres on the mainland, Hammocks Beach State Park is on Bear Island and Huggins Island. Secluded Bear Island is home to maritime forests, salt marshes, impressive sand dunes and remote beaches. The loggerhead sea turtle comes ashore here to nest between mid-May and late August. Huggins Island, located in Bogue Inlet, features swamp forest, and is visible from downtown Swansboro. Visitors may access Bear Island, where camping is permitted, by private boat or the passenger ferry run by the park service. (910) 326-4881 or [www.ncparks.gov](http://www.ncparks.gov)



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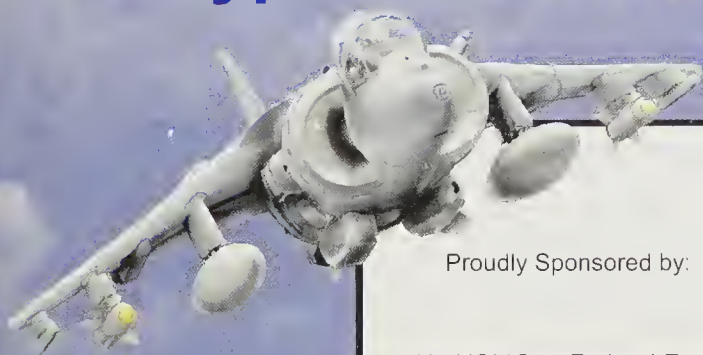
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## How to make your older water heater as efficient as possible

New water heaters are definitely more energy efficient than the older models, but many homeowners simply don't have the money to replace an older, less efficient water heater. I still have the same water heater as when I moved in 22 years ago, but I have still been able to make it as efficient as possible.

Electric water heaters are very simple devices. There are generally two electric resistance heating elements, top and bottom, in the water tank. The bottom one is used the most to keep the tank water hot. When the tank starts to run out of hot water, after many long showers, for example, the top element kicks on to supply hot water faster. They are never both on at the same time, as that would draw a huge amount of electric current.

From the standpoint of using the electricity to heat the water, all electric water heaters, even the old ones, have practically 100 percent heating efficiency. All of the electricity used does actually heat water because the heating elements are submerged. The difference in the overall efficiency and your water heating costs is determined by how much heat is lost from the water tank.

In old water heater tanks like mine, the lower heating element has to come on fairly often just to make up the heat lost through the insulation to the utility room or basement air. The most energy efficient electric water heaters have many inches of high-R-value insulating foam between the water tank and the outer skin. Old water heaters usually have just a couple of inches of fiberglass insulation underneath the outer skin.

The efficiency of older water heaters can be increased by adding insulation to the outside of the tank. You can easily test your water heater tank to see if it needs more insulation. Put the palm of your hand on other metal objects in your basement or utility room to get a sense of their temperature. Next, put your hand on the water heater tank near the top and then on the top. Chances are an older water heater will feel significantly warmer. You are feeling the heat that the tank insulation is losing.

Many cooperatives have extremely cost-effective energy saving hot water heating "kits" available for sale that include a high quality water heater jacket, pipe insulation and other water saving devices that together save hot water and thus energy. These comprehensive energy and water saving kits can save on average over 900 kilowatt-hours per year when installed together. If your cooperative does not offer such a kit, local hardware stores have insulating water heater jackets for around \$20.

The water heater insulating jackets wrap around the tank and cover the top. I wrapped my electric water heater with old fiberglass batt wall insulation, with the paper vapor barrier to the outside, and covered this with construction foil. The foil creates a low-emissivity barrier to reduce radiant heat loss. If you add insulation to a gas water heater, be careful not to block the combustion air inlet at the bottom and



*The efficiency of older water heaters can be increased by adding insulation to the outside of the tank.*

the draft diverter at the top.

Old water heaters typically do not have heat trap fittings in the inlet and outlet pipes, whereas new water heaters do. Hot water, because it is less dense than cold water, naturally circulates up into the section of the pipes above the water heater. There, the hot water loses heat and drops back down. This continuous convection current wastes energy. Put tubular foam insulation over the pipes immediately above the tank, or have heat trap fittings installed in your old tank to stop this.

Although it is not as important with an electric water heater as it is with a gas one, every several months, drain a gallon of water from the valve at the bottom of the tank. If you have never done it before, you will likely see a lot of sediment come out.

Check the temperature of the hot water at the kitchen faucet. A 120-degree temperature is fine. To adjust your water heater's thermostats, look for and remove cover plates on the side of the water heater that cover the heating elements and the thermostats.

Switch off the circuit breaker, then adjust both thermostats to the same temperature setting. Switch the breaker back on and let the temperature stabilize. A target temperature of 120 degrees is adequate. Higher temperatures cause more heat loss through the tank insulation.

You can install a water heater timer to switch it off, typically during the daytime when away working. With adequate insulation, the water stays reasonably hot. Set the timer so it comes back on late at night. This helps your electric cooperative control its peak demand. Some cooperatives sell energy efficient water heaters when you are ready to replace your tired, inefficient one. ☺

*James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.*

### Have a question for Jim?

Send inquiries to:  
James Dulley, Carolina Country,  
6906 Royalgreen Dr.,  
Cincinnati, OH 45244  
[www.dulley.com](http://www.dulley.com)



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**PIGEON FORGE, TN. CONDO RENTAL**. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. Call 336-657-3025 or [www.scenicvalleyproperties.com](http://www.scenicvalleyproperties.com)

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**DAYTONA BEACH OCEANFRONT**—One bedroom condo. Call 386-212-3887 or 407-522-1910—ask for Pat, e-mail: [james9044@bellsouth.net](mailto:james9044@bellsouth.net).

**OBX AVON HATTERAS ISLAND** 4BR/2B near beach. Fenced yard, pet friendly, non-smoking. Email [gary.jost@gmail.com](mailto:gary.jost@gmail.com)

**SMOKY MOUNTAIN LOG CABINS**, Pigeon Forge, TN. 251-649-3344 or 251-649-4049, [www.hideawayprop.com](http://www.hideawayprop.com)

**LOG CABIN IN MOUNTAINS** of Ashe County, NC. Daily or weekly rental. 336-982-2463. [www.carsonlogcabin.netfirms.com](http://www.carsonlogcabin.netfirms.com)

**MYRTLE BEACH, OCEAN LAKES CAMPGROUND**—2BR, 1BA house sleeps 6. \$800/week, 336-956-4405.

**NC MOUNTAINS**—outside Blowing Rock, 2 master suites, sleeps 6, peaceful views, Holloman House. 888-956-6568.

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### Fruit Salsa with Ginger Chips

- 1 can (20 ounces) unsweetened crushed pineapple
- 1 large mango or 2 medium peaches, peeled and chopped
- 2 medium kiwifruit, peeled and chopped
- $\frac{1}{4}$  cup chopped macadamia nuts
- $4\frac{1}{2}$  teaspoons brown sugar
- $4\frac{1}{2}$  teaspoons flaked coconut
- 8 flour tortillas (8 inches)
- 1 tablespoon water
- $\frac{1}{4}$  cup sugar
- 1–2 teaspoons ground ginger

Drain pineapple, reserving 3 tablespoons juice. In a large bowl, combine the pineapple, mango, kiwi, nuts, brown sugar, coconut and reserved juice. Cover and refrigerate for at least 1 hour.

For chips, lightly brush one side of each tortilla with water. Combine sugar and ginger; sprinkle over the moistened side of tortillas. Cut each into 6 wedges. Place in a single layer on ungreased baking sheets.

Bake at 400 degrees for 5–7 minutes or until golden brown and crisp. Cool on wire racks. Serve with salsa.

*Yield: 12 servings*

Recipes are by Taste of Home magazine, unless otherwise indicated. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at [www.tasteofhome.com](http://www.tasteofhome.com).



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[www.carolinacountry.com](http://www.carolinacountry.com)

### Marinated Pork Tenderloin Sandwiches

- $\frac{1}{2}$  cup soy sauce
- $\frac{1}{4}$  cup brown sugar
- 2 tablespoons vegetable oil
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground mustard
- 2 garlic cloves, minced
- 1 pound whole pork tenderloin
- 24 small dinner or Parkerhouse rolls, warmed

In a large re-sealable plastic bag, combine first six ingredients. Reserve half of marinade for grilling; refrigerate. Add tenderloin to bag; seal and turn to coat surface. Refrigerate for 12 hours or overnight, turning several times. Drain; discard marinade from pork.

Grill tenderloin over hot heat on medium-high, brushing occasionally with reserved marinade. Grill each side about 6 minutes for medium or 7–8 minutes per side for well-done. Let stand for 10 minutes; carve in thin slices and serve in rolls.

(Alternate cooking method: Bake tenderloin in 375 degree oven until thermometer reads 160 degrees. Let stand 10 minutes; carve in thin slices. Combine  $\frac{1}{4}$  cup reserved marinade and 1 cup water. Heat in dish and add pork slices.)

*Yield: about 24 small sandwiches*



### Creamy Veggie Salad

- 4 cups fresh broccoli florets
- 4 cups fresh cauliflowererets
- 1 package (10 ounces) frozen peas, thawed
- 5 green onions, sliced
- $\frac{1}{2}$  cup reduced-fat sour cream
- $\frac{1}{2}$  cup reduced-fat mayonnaise
- 1 to 2 tablespoons prepared horseradish
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

In a large bowl, combine the broccoli, cauliflowererets, peas and onions. In a small bowl, combine the remaining ingredients; mix well. Pour over vegetables and toss to coat. Cover and refrigerate for several hours or overnight.

### Winning reader recipe

#### Peachy Kool Pie

- 1 can sweetened condensed milk
- 1 tablespoon lemon juice
- 1 carton (16 ounces) Cool Whip
- 2 cups fresh peaches
- 3 small graham cracker pie crusts (one to eat, one to freeze and one to share)

Slice peaches into bowl and sprinkle with sugar to make juice. Put peaches into blender to liquefy. In a large bowl, mix sweetened condensed milk, lemon juice and Cool Whip. Fold in peaches and mix thoroughly. Pour into pie crusts and freeze. Also try with fresh strawberries instead of peaches.

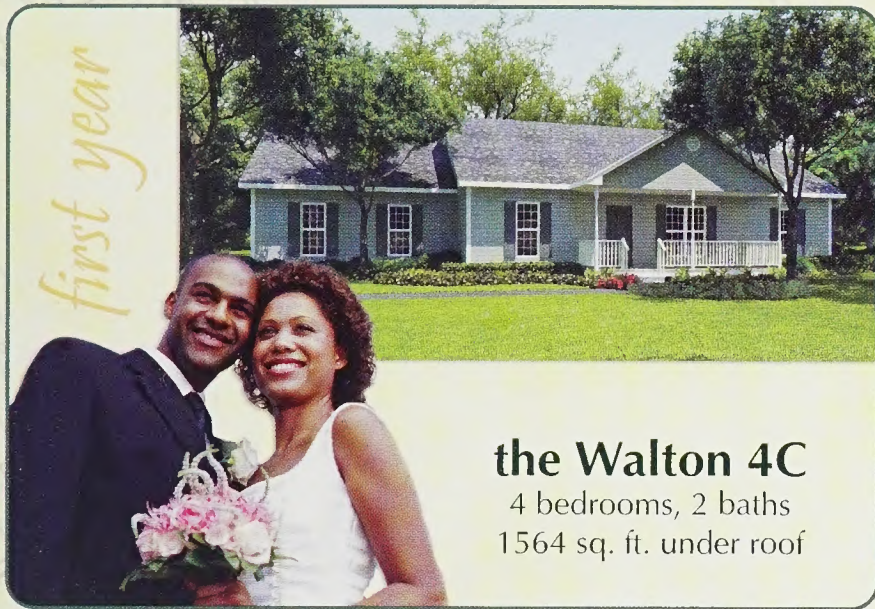
To carry this pie to a picnic or other places you can freeze small slices of peach in ice cube trays and place around dish to keep cold and be decorative.

*Diane Sprouse of Gaffney, SC,  
a member of Rutherford EMC, will receive  
\$25 for submitting this recipe.*

#### Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: [Jenny.Lloyd@carolinacountry.com](mailto:Jenny.Lloyd@carolinacountry.com)

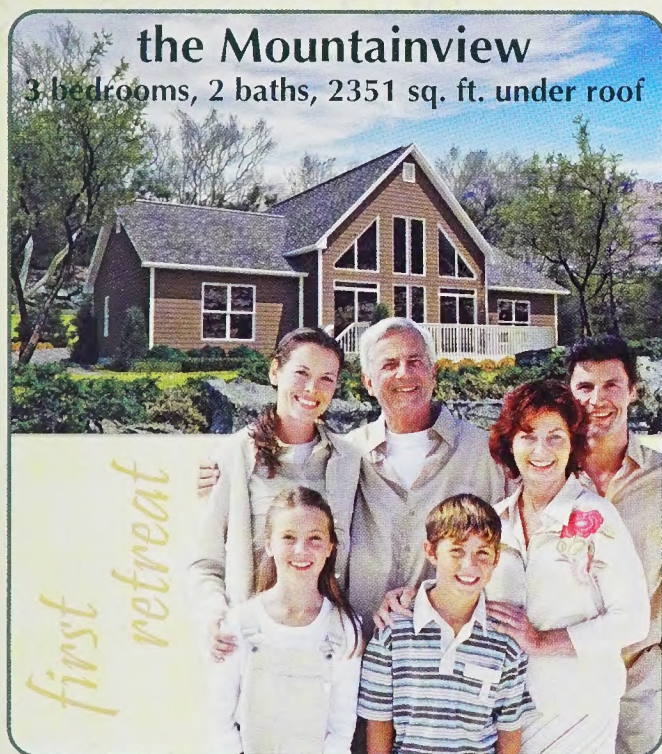




### the Walton 4C

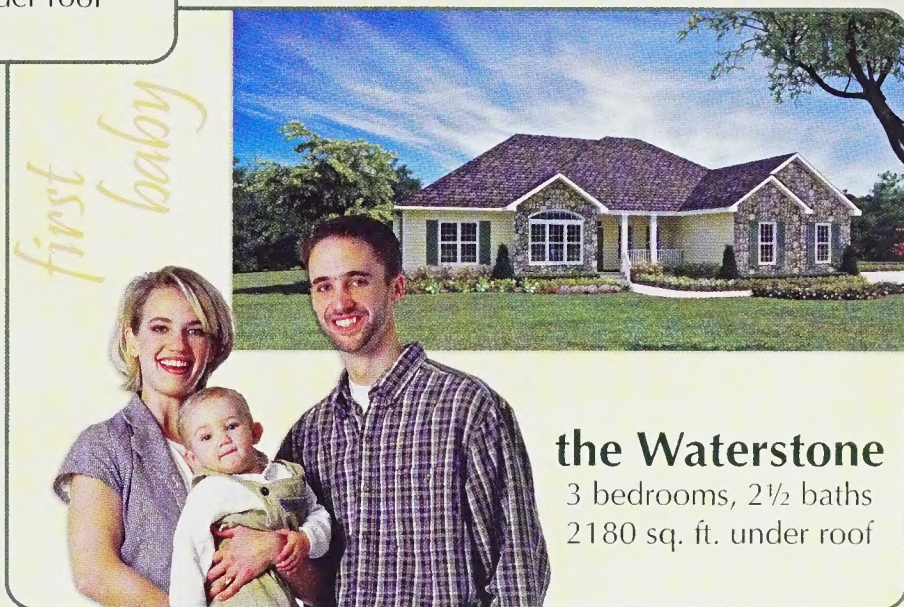
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5	\$ .55	\$ .55
15	\$ .59	\$ .55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

\* Does not include \$36 policy fee, minimums may apply

#### Sample Monthly Rates per 1,000\*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

\* Does not include \$36 policy fee, minimums may apply